

ANGUS COUNCIL

SOCIAL WORK AND HEALTH COMMITTEE

9 OCTOBER 2003

PROVISION OF NUTRITION ADVICE

REPORT BY THE DIRECTOR OF SOCIAL WORK AND HEALTH LIAISON

**ABSTRACT**

This report seeks approval for the establishment of a Development Officer (Nutrition) within social work until April 2006. The post will be responsible for supporting the development of healthy eating initiatives involving social work service users. This initiative will further enhance the implementation of the Nutrition Guidelines for Older People and the Nutrition Guidelines for Under 5's.

**1 RECOMMENDATIONS**

It is recommended that Social Work and Health Committee:-

- i) notes the content of this report;
- ii) approves the establishment of the full time post of Development Officer (Nutrition) AP3 (SCP 23-26) until April 2006.

**2 INTRODUCTION**

As part of the Spending Review 2002 the Scottish Executive provided £180million Quality of Life funding for the three year period 2003/04 to 2005/06 to local authorities across Scotland. Although there is some discretion over the allocation of these resources the broad policy themes outlined are improving the local environment and increasing opportunities for children and young people. These themes include the development of programmes around healthy eating.

Angus Council submitted proposals for the use of the resources to the Scottish Executive following approval by a Special Finance and Information Technology Committee (Report No 189/03). Further agreement internally and with community planning partners was required in respect of projects to be funded under the banner of exercise, sport, healthy living and healthy eating. This has now been resolved with final allocations having been made to all departments.

The Diet Action Plan for Scotland recommends that "*Local Authorities should examine, develop and utilise all opportunities available to them to facilitate dietary improvement across the wide range of those of their responsibility where they can influence the diet of the Scottish population*". This includes placing specific influence on meal services and service users of social work services. The message about healthy eating must be accurate, consistent and reflect Scottish dietary targets.

The implementation of the Scottish Diet Action Plan has taken many years and in Angus planning partners have agreed Nutrition Guidelines for under 5's and Nutrition Guidelines for older people in an effort to ensure a consistent message is given.

More recently social work has introduced a new community meals service that will provide a more consistent nutritional approach in supporting service users in the community.

### **3 PROPOSAL**

Social work currently provides a number of food based programmes particularly in children's services, for families involved with the Family Support Teams and young people who are looked after and accommodated involved in throughcare and aftercare programmes; and in supporting the development of independence for adults with learning disabilities. These programmes focus around healthy eating and managing meals on a budget. Staff involved in the provision of these programmes have identified the need for training and for the focus of each programme to be reviewed to ensure that messages are consistent with the Scottish Diet Action Plan and the locally agreed nutrition guidelines. Further the Community Meals Service is providing over 250,000 meals per year, up to 2 meals a day 7 days a week to support, in the main, older people to continue to live in the community. It is important to ensure that complimentary advice is given about other mealtimes in order to gain maximum health benefit from the service. It is also noted that there is a significant gap in relation to adults with mental health problems, in particular around the complexities of nutritional advice and support required for service users, that needs to be addressed.

The Quality of Life resources will allow the further development of nutritional support for social work service users. It is proposed to appoint a Development Officer (Nutrition) (AP3) within the Joint Strategic Support Unit who will be responsible for the development of capacity within the department for the ongoing support of good nutrition. This will involve both the audit of existing programmes and the delivery of nutrition based programmes for service users and staff. The post will work across all service user groups.

### **3 FINANCIAL IMPLICATIONS**

Resources have been made available from the quality of life funding to fund this initiative.

2003/04	£20,000
2004/05	£30,000
2005/06	£40,000

The cost of the post will be approximately £25,000 in a full year (including an allowance for travel). The remaining balance will provide a budget to facilitate the work of the Development Officer.

### **5 HUMAN RIGHTS IMPLICATIONS**

There are no Human Rights implications arising as a result of the recommendations contained in this report.

### **6 CONSULTATION**

The Chief Executive, the Director of Law and Administration and the Director of Finance have been consulted in the preparation of this report.

The Personnel Services Manager has been consulted on the staffing proposals contained in this report.

## 7 CONCLUSION

The appointment of a Development Officer (Nutrition) will further enhance the department's approach to healthy eating amongst service users and will further implement the Scottish Diet Action Plan in Angus.

R Peat  
Director of Social Work and Health Liaison

**NOTE:** The undernoted background papers, as defined by Section 50D of the Local Government (Scotland) Act 1973 (other than any containing confidential or exempt information) were relied on to a material extent in preparing the above report.

Report no 189/03 Special Finance and Information Technology Committee.